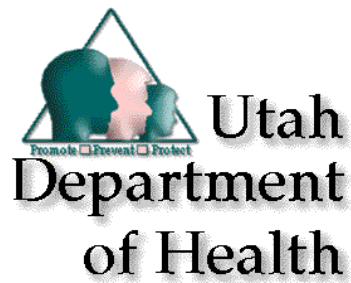


Community & Family Health Services Division Plan & Report, 2001



November, 2000



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Division Plan and Report 2001



George W. Delavan, M.D.
Division Director

November 2000

Division of Community and Family Health Services (CFHS)
Utah Department of Health

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Dear Friends and Colleagues:

I am pleased to present to you the 2001 Plan and Report for the Division of Community and Family Health Services (CFHS), Utah Department of Health. This annual plan and report highlights indicators of chronic disease, maternal and infant health, vaccine-preventable diseases, and violence and injury. It also highlights the services of the Children with Special Health Care Needs (CSHCN) program.

The goals of CFHS are to reduce preventable illness, disability, and death from adverse pregnancy outcomes, chronic diseases, disabling conditions, injury and violence, and vaccine-preventable infections. This report will communicate to the public our goals, health measures, activities, and accomplishments. We have designed this report by health topic or indicator. For each, we clearly define the issue and describe 1) why it is important, 2) how we are doing, 3) how we compare to the nation, 4) the risk factors, and 5) what we are doing. This document establishes accountability for our programs in their efforts to meet the Division and Department goals.

I encourage you to share your ideas, suggestions and comments with report coordinators in the Data Resources Program:

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<http://www.health.state.ut.us/CFHS/DATA>.

Thank you for your continued support.

Sincerely,

George W. Delavan, M.D.
Division Director

Acknowledgments

The **CFHS Division Plan and Report 2001** was prepared by the Utah Department of Health, Division of Community and Family Health Services (CFHS) Data Resources Program. This report was commissioned by:

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Table of Contents

Division of Community and Family Health Services Mission Statement.....	i
Executive Summary.....	ii
Section 1: Children With Special Health Care Needs (CSHCN).....	1
Fostering Healthy Children.....	6
Baby Watch Early Intervention.....	8
Hearing, Speech, & Vision Services (HSVS).....	10
Newborn Screening Program.....	12
Section 2: Chronic Disease.....	15
Arthritis.....	18
Breast Cancer.....	20
Colorectal Cancer.....	22
Coronary Heart Disease.....	24
Dental Caries.....	26
Diabetes Mellitus.....	28
Fruit and Vegetable Consumption.....	30
Lung Cancer.....	32
Obesity.....	34
Physical Activity.....	36
Smoking.....	39
Section 3: Maternal and Infant Health.....	45
Unintended Pregnancy.....	50
Teen Pregnancy.....	53
Prenatal Care.....	55
Low Birth Weight.....	58
Breastfeeding.....	60
Neural Tube Defects.....	63
Infant Mortality.....	65
Maternal Mortality.....	67
Section 4: Vaccine Preventable Infections.....	71
Adequately Immunized Children.....	74
School Entry Immunizations.....	76
Adolescent Vaccinations.....	78
MMR (Measles, Mumps, Rubella).....	80
Hepatitis A.....	82
Hepatitis B.....	84
Flu & Pneumonia Vaccinations.....	85
Section 5: Violence and Injury.....	87
Unintentional and Intentional Injury.....	92
Motor Vehicle Crashes (Occupant).....	94
Pedestrian Injury.....	96
Bicycle Injury.....	98
Falls and Fall Related Injury.....	100
Rape and Sexual Assault.....	102
Intimate Partner Abuse.....	104
Suicide.....	106

Mission Statement

The Division of Community and Family Services, in partnership with others in the community, furthers the Department mission to protect the public's health by:

Preventing avoidable illness, injury, disability and premature death

Assuring access to affordable quality healthcare

Promoting healthy lifestyles

Division Goals

Through effective interventions, the Division will aim to reduce illness, disability and deaths from significant:

Adverse Pregnancy Outcomes

Chronic Diseases

Disabling Conditions

Violence and Injury

Vaccine-Preventable Infections

Executive Summary

The CFHS Division Plan and Report was designed to be an integrated and comprehensive reporting system of the objectives and outcome measures for the programs within the Division of Community and Family Health Services, Utah Department of Health. This document reflects enhanced communication, cooperation, and collaboration across the entire Division. This is the fourth edition.

Based on the Division's goals and focus areas, five cluster work groups were formed. The cluster groups consisted of program managers, bureau directors, data experts, and program staff. Each cluster was responsible for selecting major public health indicators or topics for this report. Members discussed and defined major objectives for each indicator, which are often consistent with Healthy People 2010. The content of this report reflects what we believe the public wants and is entitled to know about each selected health topic. Each topic, where appropriate, addresses the following:

- What is the problem and how do we define it?
- What is the supporting data?
- What are our major goals or objectives?
- How are we doing overall?
- How do we compare to the U.S.?
- What are the risk factors?
- What are we doing?
- Additional contextual information.

The objectives are presented, along with the most recent data, to allow a cursory evaluation and assessment of the progress of the programs for reaching their goals.

The following are highlights from the Division Plan and Report 2001:

Children with Special Health Care Needs

Infants and children with high-risk health conditions must be identified early in order to help assure that they and their families receive the care and assistance needed to prevent morbidity and promote optimal development.

- The Fostering Healthy Children program ensures that health care needs of children in the Utah Child Welfare system are met.
- Hearing, speech, and vision screening provides early identification of newborns with significant hearing loss and speech and vision problems. Early screening results in reduced morbidity and optimal development.
- Newborn screening prevents permanent impairment from metabolic disorders such as PKU, galactosemia, and congenital hypothyroidism.

Chronic Disease

Chronic diseases are the leading cause of death in Utah. They are a burden on public and individual resources. Early detection, treatment, and adoption of a healthy lifestyle can prevent an estimated 50% of illness and deaths due to chronic diseases.

-
- Arthritis affects nearly 1 of every 6 Americans making it one of the most common diseases in the United States.
 - Breast cancer is the most commonly occurring cancer among U.S. women and a leading cause of female cancer death in both Utah and the U.S.
 - Colorectal cancer is the second leading cause of cancer-related deaths in the U.S. and Utah. Deaths from colorectal cancer can be reduced with early detection and treatment.
 - Cardiovascular disease is the leading cause of death, disability, and medical care costs in Utah.
 - Dental disease is one of the most preventable health problems in Utah affecting at least 65% of 6 to 8 year old children.
 - Seventy-five percent of all diabetes related deaths are from cardiovascular complications. People with diabetes are 2 to 4 times more likely to have a heart attack or stroke than people without diabetes.
 - Research shows a diet of five or more servings of fruits and vegetables per day is associated with reduced risk of cancer, coronary heart disease, diabetes, and other chronic diseases.
 - Lung cancer is the leading cause of cancer-related deaths in the U.S. and Utah.
 - Obesity is the second leading cause of preventable death in the U.S.
 - Benefits from regular physical activity include lowering death rates of any age, decreasing risk of chronic diseases, increasing muscle and bone strength, and improving mood.
 - Cigarette smoking is the single most preventable cause of disease and death in the United States and accounts for more deaths each year than AIDS, alcohol, cocaine, heroin, homicide, suicide, motor vehicle crashes and fires combined.

Maternal and Infant Health

Utah continues to report the highest total fertility rate and birth rate in the United States. Although maternal, fetal, and infant death rates have been decreasing in Utah, low birth weight rates continue to increase.

- Unintended pregnancy is costly to both the individual involved and to society as a whole. Fifty-four percent of unintended pregnancies end in abortion.
- Children born to teenage mothers are likely to encounter additional health risks when compared with children born to older mothers.
- Prenatal care contributes to reductions in perinatal morbidity and mortality by identifying potential risks to mothers.
- Low birth weight increases the risk for infant mortality and morbidity.
- Research shows advantages to infants, mothers, families, and society from breastfeeding and the use of human milk for infant feeding.
- Neural tube defects (NTDs) have decreased dramatically since the discovery that folic acid prevents NTDs. Education is a key preventive component.
- Infant mortality is a critical indicator of the health of a population. It reflects the overall state of maternal and infant health.
- Understanding the characteristics of women who die as a result of pregnancy complications and the risk factors for pregnancy-related death is essential in developing strategies to prevent both mortality and morbidity associated with pregnancy complications.

Vaccine Preventable Infections

Immunizations are the most cost-effective health prevention measures and reduce the possibility of vaccine-preventable disease and outbreaks.

- Entry requirements for school and day care are one of the most effective interventions states have to ensure children are appropriately immunized.
- Diseases such as hepatitis B, rubella, and measles remain problematic among the adolescent population.
- Related costs for the 1996 measles outbreak were estimated at over \$600,000. Measles outbreaks will continue to be a problem in Utah as long as children have not received their second dose measles vaccine.
- The United States saves over \$13 dollars for every dollar invested in the measles/mumps/rubella vaccination – a savings of approximately \$4 billion dollars each year.
- Hepatitis A infection results in substantial cost for medical care and work loss.
- Infants born to mothers with hepatitis B are at extreme risk. Prevention efforts focus on appropriate treatment for mothers.
- Pneumococcal disease accounts for more deaths than any other vaccine-preventable bacterial disease.

Violence and Injury Prevention

Injury is the leading cause of death for Utah children and adults ages 1-44 years old. In addition to loss of life, injury costs millions of dollars in medical care, rehabilitation, lost income for individuals and families, and lost productivity for society.

- Although rates are decreasing, unintentional injury continues to take a terrible toll in terms of death, personal suffering, and economic cost. In Utah, during 1996-1998, unintentional injury resulted in 1,892 deaths, and 29,833 hospitalizations.
- Intentional injury results in emotional harm for the victim, victim's family, friends, and loved ones. During 1997, violent crime increased 5.3%.
- MV Crashes
- During 1996-1998 in Utah, 143 people died from pedestrian related injuries. In addition, there were 630 hospitalizations and 2,930 visits to hospital emergency rooms.
- Bicycles are associated with more childhood injuries than any other consumer product except the automobile. Head injury is the leading cause of death in bicycle-related crashes.
- Falls are the most common cause of injury hospitalization and the third leading cause of injury death in Utah. Utah has one of the highest rates for unintentional fall-related deaths in the United States.
- Suicide is the second leading cause of injury death in Utah. It causes devastating personal and emotional suffering for the victim's family and friends, as well as serious social and economic consequences for the community.
- In Utah, it is estimated that a rape occurs once every 11 hours. Rape is a crime of violence that affects women, children, and men of all ages, race, and backgrounds.
- Battering by a partner is the single major cause of injury to women. Every year, domestic violence results in almost 100,000 days of hospitalizations, almost 30,000 emergency department visits, and almost 40,000 visits to a physician. ♦